

ABSTRACT

A golf practice and exercise system having a practice ball and a target assembly, using either a conventional or practice golf club. The practice ball is any generally spherical shape made of a flexible material and having an internal pressure of approximately atmospheric, for example an uninflated soccer ball. The weight of the practice ball is sufficient to provide muscle development, but is limited to allow the golfer to complete the follow-through of the golf swing. The target assembly has an energy absorbing surface attached to a rigid frame held in place by a frame support structure. Alternatively, the target assembly is a flat surface made of a hard material. The practice golf club has a substantially oversized club head with a peripheral rim defining a large opening through the club head. The club head may be selectively weighted. The grip of the club has alternating annular ridges and recesses.